



# Pool Design

**A complete thermal contrast  
experience  
within a single, unified  
chamber**

**Thermal Cycle Experience**

# Immerse yourself in the flow

In a single, warm chamber, your body follows a natural cycle of contrast—without getting up, without interruptions.

The cycle gently repeats for 40–50 minutes of pure, uninterrupted flow.

Your head always remains outside, allowing you to breathe deeply and freely, in complete comfort and safety.

No complexity. No pressure. Just you, your breath, and an experience that reconnects you with yourself.

## Your new daily ritual

### The benefits you'll feel from the very first session:

- More energy & deeper sleep — through improved circulation and oxygenation
- Deep relaxation & stress relief — releases both muscular and mental tension
- Faster recovery — ideal after exercise, fatigue, or a demanding day (helps reduce soreness & inflammation)
- Refreshed skin — brighter, clearer, with improved texture and a lasting sense of freshness
- Enhanced vitality & mood — a natural boost of endorphins and norepinephrine
- Stronger immune support — helps your body become more resilient

### The 4 phases that transform you:

- **Activation** Gentle, enveloping warmth awakens every cell, stimulates circulation, and melts away the tension of everyday life.
- **Transition** A smooth, sensual shift—your body adapts effortlessly, without shock, guided only by harmony and flow.
- **Cold Vapor** A fine, cooling mist wraps around your skin. An intense yet refreshing chill that boosts energy, reduces inflammation, and clears the mind.
- **Recovery** Deep calm and restoration—leaving you feeling light, balanced, and wrapped in a warm sense of well-being that lasts throughout the day.



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